

## **Custer Health and WIC**

“Workplaces that want the BEST for their moms and babies will find a way to make breastfeeding work.”

Nancy Overson

Custer Health and WIC provide a wide variety of services in order to accomplish the mission of public health. This is to assure that the community is a healthy place to live and each person has an equal opportunity to enjoy good health. To accomplish this mission, we are committed to the promotion of healthy lifestyles, protection and enhancement of the environment, and provision of quality health-care services for the people of N.D. In public health and WIC, breastfeeding has always been a hot topic that we encourage everyone to do. This breastfeeding encouragement is aimed at our employees and clients we serve. Breastfeeding and pumping in the workplace have been part of our normal functioning for years. We provide ongoing support and access to in-house lactation consultants for our employees.

### **Program Components:**

#### **Private Area to Express Milk:**

Custer Health and WIC offer two private nursing mother rooms, approximately 6' X 6' and 5' X 7'. Refrigerators for storing milk are provided in the employee kitchens.

#### **Breastfeeding Equipment:**

Employees are expected to provide their own lactation-related equipment and supplies. We have a comfortable chair, table and electricity.

#### **Milk Expression Scheduling:**

Flexible scheduling is needed. Supervisors work with individual mothers to determine what works best for all.

#### **Education:**

In the area of public health, we are the ones doing the educating.

#### **Support:**

We provide ongoing support and access to in-house lactation consultants as well as continued employer encouragement for breastfeeding.

#### **Program Impact:**

- High employee satisfaction
- Reduced employee absenteeism

#### **Contact:**

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